



Senior Resources – Food and Clothing Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

The Action Center (Jeffco Action Center)

(303) 237-7704

8755 W. 14th Ave., Lakewood, CO 80215

<https://theactioncenter.org/>

- Food Bank
 - Serves: Individuals who live in Jefferson County or who are homeless
 - Get help with free groceries
 - It's simple, free, and easy to receive free groceries from the Action Center.
 - Each week your household can receive a pre-packed box of groceries filled with healthy, high-quality food like fruits, veggies, meat, dairy, and much more. (Selection varies daily).
 - With easy access, you can just drive-thru or walk up, and receive your grocery box once every 14 days!
 - Pick up is available Mondays, Tuesdays, Thursdays, and Fridays from 9:30 am to 11:30 am & 1 p.m. to 3 pm – closed for lunch from 12 pm to 1 pm
 - Shopping appointments are available at 9 am and the last appointment would be at 3:45 pm, Mondays, Tuesdays, Thursdays, and Fridays - closed for lunch from 12 pm to 1 pm
 - Mornings are quite busy – stop by in the afternoons for quicker service!
 - No documentation required
 - Appointments are required!
- Clothing Bank
 - Monday, Tuesday, Thursday, & Friday from 9:30 am to 11:30 am & 1 pm to 3 pm: No appointment Necessary!
 - One Visit Per Month

Arvada Community Food Bank

303-424-6685

8555 W 57th Ave. Arvada, CO 80002 (relocating to 4600 West 60th Ave. Arvada, CO 80002 (07/08/2025))

<https://cotable.org/>

- Provide additional food assistance to adults ages 60+. Everyday Eats food boxes in parking lot on the third Wednesday of each month between 9:00 and 11:00 am. You must meet income and other eligibility guidelines to participate.
- Pantry Hours: Tuesday-Friday: Noon to 4:00 pm
- Office Hours: Monday – Friday from 8 am – 4:30 pm
- Food Drop Off Hours: Monday- Friday from 9 am – 4 pm
- Bring a picture ID, a piece of mail dated within the last 30 days and proof of inc.me (one of the following: SSI award letter, bank statement, OAP/VA pension statement, W-2, recent pay stub, employer statement, subsidized housing verification or food stamp award letter).

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Community Food Share – Elder Share

(303) 652-3663

650 S Taylor Avenue, Louisville, CO 80027

<https://communityfoodshare.org/get-food/senior-food/>

- Free groceries for adults ages 60+ in Boulder and Broomfield Counties - Elder Share provides groceries, free of charge, to low-income seniors in Boulder and Broomfield Counties twice per month. Every senior receives fresh produce, cheese, and a variety of pantry items.
- If you are a caregiver or you have an elderly family member, you can register and/or pick up food on behalf of a senior.
- Pantry Hours: Wednesday – Friday from 9 am – 3 pm
- Office Hours: 8 am – 4:30 pm
- Application and income limits listed online

Gilpin County Senior Program

303-582-5440

203 Eureka Street Central City, CO 80427

[Senior Program | Gilpin County \(colorado.gov\)](https://gilpincounty.colorado.gov/senior-program)

- Mobile food pantry available at Gold Mountain Village every 3rd Tuesday from 11:00 am to 12:00 pm
- Senior Lunch is at the Community Center every Wednesday from 12 pm -1 pm
 - to make reservations, please call 303-515-4292.
- Commodity Supplement Food program available based on income.

Project Support Senior Center Food Assistance

303-567-2382

1402 Miner Street Idaho Springs, CO 80452

<https://www.projectsupportseniorcenter.com>

- A non-profit charity that provides senior services for the Clear Creek County area.
- Serves hot lunches Monday-Friday from 11:30 a.m. to 12:30 p.m. and every Wednesday at 12:00 p.m. at the Georgetown Community Center

Hunger Free Colorado – Older Adult Nutrition Services

720-382-2920 or 1-855-855-4626 (Main Hunger Free Hotline Number)

1801 N. Williams St. Suite 200, Denver, CO 80218

<http://www.hungerfreecolorado.org/senior-nutrition/>

- Serves: Older adults in Colorado
- Provides: One-on-one assistance to determine eligibility for nutrition programs, answer questions about nutrition assistance programs, help older adults find meal sites and food assistance, as well as help complete any needed applications or forms
- Notes: Services available in Spanish

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Joy's Kitchen

720-577-5973

Westwoods Community Church

7700 W Woodard Dr, Lakewood, CO 80227

Moving to: Benefits in Action Warehouse (Location TBD) (06/14/2025)

<https://joyskitchen.org/>

- Provides a food pantry and mobile pantry to anyone in need
- Open Thursdays, and every other Saturdays from 12 pm – 2 pm
- Calendar of times and locations can be found here: <https://joyskitchen.org/timesandlocations/>

Nourish Meals on Wheels

303-798-7642

92 E Arapahoe Road, Littleton, CO 80122 | Mailing: PO Box 3108 Centennial, CO 80161

Hours: Mondays – Thursdays from 8:30 am – 2:30 pm

<https://nourishmealsonwheels.org/>

- Must be 60+ or be homebound
- Weekday meal delivery, pet supplies, weekend meals, supplementary groceries once a month
- Must live in the South Metro Denver area, within one of the following zip codes: 80104 (partial), 80108 (partial), 80109, 80110, 80111, 80112, 80113, 80120, 80121, 80122, 80123, 80124, 80126, 80127 (inside C470 loop) 80128, 80219, 80130, 80134, 80210, 80219 (south of Mississippi), 80222, 80223 (south of Mississippi), 80227, 80232, 80235, 80236, 80237, 80465 (inside C470 loop)

Senior High Rise Food Bank

303-455-9642

2611 S Decatur St, Denver, CO 80219

https://www.freefood.org/l/senior_high_rise_food_bank

- Senior High Rise Food Bank's purpose is to provide food to senior citizens in the Denver metropolitan area who without the food provided would go hungry.

Specific Populations- Food Resources

Project Angel Heart

303-830-0202 or 800-381-5612

4950 Washington St., Denver, CO 80216

www.projectangelheart.org

- Serves: Individuals must reside in metro Denver or Colorado Springs, and also have a current diagnosis of a life-threatening illness, such as cancer, HIV/AIDS, end-stage renal disease, congestive heart failure, MS, or other such illness AND a documented difficulty preparing or accessing healthy meals due to illness treatment, side effects or another disability. Accept clients of all ages and income levels.
 - If you live outside of the boundaries, you can make alternate delivery arrangements such as picking up your meals at Project Angel Heart or setting up delivery to a friend or family member who lives within the boundaries.
- Provides: Free, home-delivered meals tailored to meet each client's nutritional needs
- Notes: Program Application and Referral form must be signed by a licensed medical professional. These forms should be faxed to: (303) 865-7002. download it at: <http://www.projectangelheart.org/our-meals/application-help/>
- Services available in Spanish

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Senior Resource Center – Denver Nutrition Programs

303-238-8151

3227 Chase Street Denver, CO 80212

[Seniors' Resource Center | Non-Profit | Senior Adult Home and Community Based Services \(srcaging.org\)](#)

- SRC continues to support Evergreen Seniors with In-Home Services if any questions call 303-238-8151
- Hours: Mondays – Fridays from 8 am – 5 pm

Jewish Family Services – Kosher Meals on Wheels/ Weinberg Food Pantry

720-248-4701

<https://www.jewishfamilyservice.org/services/in-home-services>

- JFS delivers hot or frozen meals to homebound adults five days per week through our Kosher Meals on Wheels program.
 - To receive meals, an individual must be at least 60 years old and assessed as homebound.
 - He or she must be Jewish or have a spiritual need to receive kosher meals.
 - The program not only provides nutritious meals but also reduces the stress of family members, who know their loved ones are getting a high-quality kosher meal every weekday.
 - Pantry Hours: Tuesdays, Wednesdays, and Fridays from 10 am – 1 pm
 - Office Hours: Mondays -Thursdays from 8:15 am – 4:45 pm and Fridays from 8:15 am – 4:30 pm
- The Harry and Jeanette Weinberg Food Pantry in Denver assists individuals and families facing hunger and food insecurity.
 - Tuesdays, Wednesdays, and Fridays 10:00 a.m. - 1:00 p.m.
 - The last Wednesday of every month pantry hours are from 4:00 p.m. to 7:00 p.m.
 - Proof of identification and address is required, and income limits apply (see website)

Clothing Resources

Denver Rescue Mission Ministry Outreach Center

303-297-1815

5725 East 39th Avenue Denver, CO 80207

[Ministry Outreach Center - Denver Rescue Mission](#)

- The Ministry Outreach Center is the central warehouse and distribution location for the Mission. People in need of food, clothing, furniture, and household items find assistance at this location.
 - Open M-F 8:30AM-4PM
 - What you can get there: Clothing bank: Up to 15 lbs of free clothing (clothes, shoes, socks, coats, etc) once every seven days for one year, hygiene kits, and baby items like diapers (every 30 days).
 - Requirements: A referral from DRM. E-mail MARC@denrescue.org for a referral form.

Safari Thrift Store

303-722-4500

738A Peoria St., Aurora, CO 80011

- Hours: Mon-Sat 10 am – 6 pm; Sun 12 pm – 6 pm
- What you can get there: Clothes, furniture, books, sports equipment, electronics, household supplies, etc
- Requirements: Anyone can go and buy anything from the store. Refugee families may be able to get a voucher from LFSRM to use at the store. Contact MARC@denrescue.org for more information.

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Little Flower Assistance Center

855-777-5280

11149 e. 14th avenue, aurora, CO 80010

- This Catholic Charities powerhouse is a food pantry, clothing closet and resource center that offers support for the community. Little Flower partners with a host of amazing parishes, businesses, agencies, organizations and volunteers to receive and distribute food and critical supplies to neighbors in Aurora and beyond.
- open monday, wednesday, thursday from 9:30 a.m. - 3:00 p.m.
- The Catholic Charities' Little Flower Assistance Center serves individuals and families facing crisis in the city of Aurora and those residing in Denver zip codes 80231, 80239 and 80249
- The Senior Food Assistance Program takes place on the second Monday of each month.
- Every adult in the household must provide a valid photo identification and current proof of address.

DHS GIVE Center

2929 W. 10th Ave., Denver, CO 80204

- DHS GIVE Center is a free resource providing emergency goods and services with a trauma-informed, person-centered, and holistic approach. Any Denver County resident may receive support from the DHS GIVE Center.
- They can provide **referrals** for clothing assistance.

Senior Support Services Clothing Bank

303-832-1622

846 East 18th Avenue Denver, CO 80218

- Senior Support Services is Denver's only day shelter exclusively for people 60 years of age and older.
- Currently open from 7 am - 2 pm Monday through Friday. To join SSS, come in for an intake Monday - Thursday 9 - 1.
- Clothing Bank: Monday, Wednesday, Friday 11 am - 1 pm